

Tips for Avoiding Your Food Sensitivity

- All FDA-regulated manufactured food products that contain a “major food allergen” (milk, wheat, egg, peanuts, tree nuts, fish, crustacean shellfish, and soy) as an ingredient are required by U.S. law to list that allergen on the product label. For tree nuts, fish and crustacean shellfish, the specific type of nut or fish must be listed.
- Read all product labels carefully before purchasing and consuming any item.
- Be aware of unexpected sources of allergens, such as the ingredients listed below.
- *Note: This list does not imply that the allergen is always present in these foods; it is intended to serve as a reminder to always read the label and ask questions about ingredients.
- For more information on allergy avoidance, please visit:

<http://www.whfoods.com/genpage.php?tname=diet&dbid=7>



How to Read a Label for a Wheat-Free Diet

Avoid foods that contain wheat or any of these ingredients:

Bread crumbs	<i>protein, instant, pastry, self rising, soft wheat, steel ground, stone ground, whole</i>	Sprouted wheat
Bulgur	<i>Wheat)</i>	Triticale
Cereal extract		Vital wheat gluten
Club wheat	Hydrolyzed wheat protein	Wheat (<i>bran, durum, germ, gluten, grass, malt, sprouts, starch</i>)
Couscous	Kamut	Wheat bran hydrolystate
Cracker meal	Matzoh/a, matzoh meal	Wheat germ oil
Durum	Pasta	Wheat grass
Einkorn	Seitan	Wheat protein isolate
Emmer	Semolina	Whole wheat berries
Farina	Semolina	
Flour (<i>all purpose, bread, cake, durum, enriched,</i>	Spelt	

Wheat is sometimes also found in the following:

Glucose syrup	Starch (<i>gelatinized starch, modified</i>	surimi
Soy sauce	<i>starch, modified food starch, vegetable starch)</i>	



How to Read a Label for an Egg-Free Diet

Avoid foods that contain egg or any of these ingredients:

Albumin (/albumen)	Mayonnaise
Egg (<i>dried, powdered, solids white, yolk</i>)	Meringue
Eggnog	Ovalbumin
Lysozyme	Surimi

Egg is sometimes found in the following foods:

Baked goods	Marzipan
Egg substitutes	Marshmallows
Lecithin	Nougat
Macaroni	Pasta

Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic protein, patients with an egg allergy must avoid all eggs completely



How to Read a Label for a Milk-Free Diet

Avoid foods that contain milk or any of these ingredients:

Butter, butter fat, butter oil, butter acid, butter ester(s)	Ghee	Milk protein hydrolysate
Buttermilk	Half-and-half	Pudding
Casein	Lactalbumin, lactalbumin phosphate	Recaldent
Casein hydrolysate	lactoferrin	Rennet casein
Cheese	Lactose	Sour cream, sour cream solids
Cottage cheese	Lactulose	Sour milk solids
Cream	Milk (<i>in all forms: condensed, Derivative, dry, evaporated, goats milk, milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole</i>	Tagatose
Curds		Whey (all forms)
Diacyetyl		Whey protein hydrolysate
		yogurt

Milk is sometimes found in the following:

Artificial butter flavor	Nisin
Baked goods	Nondairy products
Caramel candies	Nougat
Chocolate	
Lactic acid started culture & other bacterial cultures	
Luncheon meat	
Hot dogs	
Sausages	
Margarine	



How to Read a Label for a Soy-Free Diet

Avoid foods that contain soy or any of these ingredients:

Edamame	Soybean (curd, granules)	
Miso	Soy protein (concentrate, Hydrolyzed, isolate)	Soy is sometimes in the following:
Natto	Soy sauce	Asian cuisine
Shoyu	Tamari	Vegetable broth
Soy (<i>soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt</i>)	Tempeh	Vegetable gum
	Textured vegetable protein	Vegetable starch
	tofu	

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil)
- Most individuals allergic to soy can safely eat soy lecithin
- Follow your doctor’s advice regarding these ingredients



How to Read a Label for a Corn-Free Diet

Corn and corn-derived products are found in a wide variety of packaged foods, including:

Jams	Cornstarch	Malt
Syrups	Corn syrup/high fructose corn syrup	Maltodextrin
Sauces	Corn flour	Monosodium
Cereals	Corn and vegetable oil	Glutamate (MSG)
Candies	Baking powder	Semolina
Snack foods	Caramel	Sodium Erythorbate
Canned fruits	Cellulose	Sorbitol
Prepared meats	Citric Acid	Starch
(hot dogs/deli meats)	Dextrin/dextrose	Vanilla Extract
Beverages	Inositol	Xanthan Gum
		Xylitol

Keep the following in mind:

- *All of the above food labels should be read carefully for corn derivatives
- *Maize is the same as corn
- *Corn is not one of the top eight food allergens for which special label information is required thus the package does not need to state that it contains